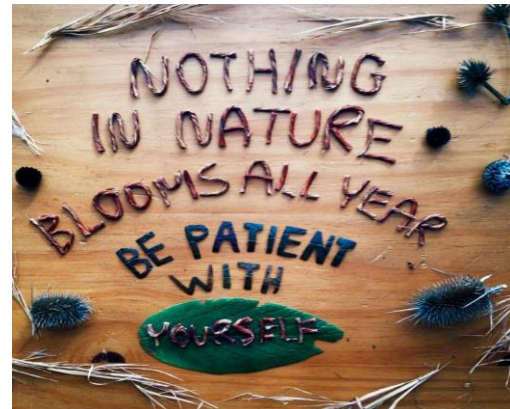
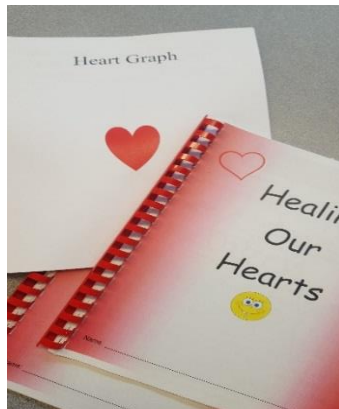


# HEALING OUR HEARTS

## A THERAPEUTIC GRIEF GROUP FOR CHILDREN



This therapeutic grief group for children was part of Ministik School Wellness Program and is now open to the community of Moose Factory. Healing Our Hearts sessions will take place in a small group setting over three school days. The ultimate goal of this program is to offer a safe and caring environment to provide educational awareness of the human reaction to conflicting emotions. This program will combine lessons, discussions and activities through a child friendly approach. Participants will develop heart-helpful Edu-Therapy processes and tools so that they can begin to help themselves and help others deal with the emotions caused by loss. Children will be required to attend each full session and parent/guardians will be invited to attend a feast in honour of completion after the last session.

A program run in collaboration between local Grief Edu-Therapists and our community organizations



### Session Details:

#### Location:

Healthy Babies Healthy Children facility located in the MoCreebec building.

**Dates:** February 21<sup>st</sup>- 23<sup>rd</sup>, 2018

**Time:** 10:30 a.m.- 2:00 p.m.

Snacks provided.

Please provide a lunch for your child.

Ages: 8 -12 years old

### Contact:

Deva Little Mustache-Gordon

Ministik Child and Youth Clinician

- Please register by emailing [deva.littlemustache@ministik.me](mailto:deva.littlemustache@ministik.me)
- For more information call (705) 658-4535

Please register by February 13<sup>th</sup>, as there are limited participants